Table 2. Pre- and Post–Self-Reported Visual Analog Scores for Each Treatment (the smaller the number means the best possible/none at all)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **TRT A1** | **TRT B2** | **TRT C3** | **TRT D4** | **TRT E5** |
|  | **Pre** | **Post** | **Pre** | **Post** | **Pre** | **Post** | **Pre** | **Post** | **Pre** | **Post** |
| **Restlessness** | 1.95 | 2.30b | 2.40 | 2.55 | 2.52 | 2.33 | 1.88 | 2.27b | 2.50 | 2.71b |
| **Fatigue** | 3.33 | 2.89 | 3.85 | 3.85 | 3.55 | 3.16 | 3.61 | 3.94b | 3.72 | 3.57 |
| **Anxiety** | 2.90 | 3.05b | 3.80 | 3.90b | 3.10 | 2.83 | 3.33 | 3.88b | 3.11 | 3.21b |
| **Depression** | 1.76 | 2.00 | 2.70 | 1.95a | 2.05 | 2.05 | 2.00 | 2.72b | 2.22 | 2.64b |
| **High stress level** | 2.76 | 2.50 | 3.80 | 3.45 | 2.95 | 3.00 | 3.00 | 3.88b | 3.11 | 3.07 |
| **Happy** | 4.00 | 2.45a | 4.70 | 3.85 | 2.85 | 3.66b | 3.57 | 3.05 | 4.00 | 3.85 |
| **Energetic** | 3.90 | 3.20 | 4.40 | 4.15 | 3.60 | 3.88b | 3.80 | 3.61 | 4.31 | 4.07 |
| **Relaxed** | 4.04 | 3.30 | 4.70 | 4.50 | 3.52 | 3.66b | 3.61 | 3.05 | 4.33 | 4.61b |
| **Calm** | 3.90 | 3.20 | 4.52 | 4.25 | 3.42 | 3.82b | 3.52 | 3.27 | 3.89 | 4.21b |
| **Overall emotional well-being** | 4.04 | 3.40 | 4.80 | 4.21a | 3.57 | 3.77b | 3.80 | 3.05 | 4.15 | 4.28b |

Abbreviation: TRT, treatment.

1Treatment A: therapy dog visit twice a week for 4 weeks.

2Treatment B: therapy dog visit once a week for 4 weeks.

3Treatment C: therapy dog visit twice over 4 weeks.

4Treatment D: therapy dog visit once over 4 weeks.

5Treatment E: control (no therapy dog visit).

a Significantly decreased from pre- to post-treatment scores (*P* < 0.05).

b Numerically increased post–self-reported scores compared to pre-treatment scores (zero meaning none at all or best possible).